

# Y M C A Summer 10 Gymnasium

## GYM SCHEDULE INFORMATION

- Open Climb Monday and Wednesday from 4:00-6:00 pm
- Fun Club Climb Monday and Wednesday from 6:00-7:00 pm
- Volleyball Wednesday 7:00-10:00 pm
- Rookie Sports Wednesday 5:30-6:15 pm
- Birthday Parties Fridays from 7:00-9:00 pm  
Saturdays and Sundays from 12:00-2:00 pm and  
3:00- 5:00 pm
- For more information on Birthday parties and facility rentals email Nikki Donathan at [ndonathan@ymca-portland.org](mailto:ndonathan@ymca-portland.org) or phone (360) 258-3829.
- For more information on gym programming email Heidi White at [hwhite@ymca-portland.org](mailto:hwhite@ymca-portland.org) or phone (360) 258-3844.

GYM SCHEDULE MAY CHANGE TO MEET THE NEEDS OF  
THE COMMUNITY & PROGRAMS OFFERED BY THE CLARK COUNTY FAMILY YMCA

### Definitions:

Fun Club Climb: For signed in Fun Club Participants only

Open Climb: For ages 5 and above. 1 climber on the wall at a time. No more than 5 climbers in the Rockwall area at a time.

Open Gym: Free flowing recreation time. All are welcome and activities will change according to the population present at the time.

Volleyball: Open Volleyball on Mt Adams court Wednesday evening.

Youth Basketball: Basketball for grades K-12. Must register through the YMCA in order to participate.

Adult Basketball: Basketball for the 18 and over crowd (25 and over on Saturday mornings).

Rookie Sports: For children ages 3-6, this introductory level program is offered every month with a different sports theme. Must register through the YMCA in order to participate.

Family Fun-Meet and Greet: Bring friends and family to the YMCA for an afternoon of fun, games and activities for all ages.

*See a YMCA staff person for details on these and many other programs!*

**THANKS..... AND ENJOY YOUR YMCA EVERYDAY!**

## Mt. Adams Court Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5-7 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed	Closed
7-8 am						Adult Basketball 25 and up	
8-9 am	Heart Wellness 8:00 - 8:30 am	8:30- am-10 pm	Heart Wellness 8:00 -8:30 am	8:30- am-10 pm	Heart Wellness 8:00 -8:30 am	Open Gym	Closed
9-10 am	Open Gym		Open Gym		Open Gym		
10-11 am	8:30 am- 10 pm	Closed 8:30- 2:30	8:30 am- 6 pm	Closed 8:30- 2:30	8:30 am- 10 pm	9-7:00 pm	Closed
11 am-12 pm	Closed 8:30- 2:30		Closed 8:30- 2:30		Closed 8:30- 2:30	Closed 8:30- 2:30	
12-1 pm	July 19th for Summer Camp	July 20th for Summer Camp	July 21st for Summer Camp	July 22nd for Summer Camp	July 23rd for Summer Camp	Closed	Closed
1-2 pm	Summer Camp	Summer Camp	Summer Camp	Summer Camp	Summer Camp		
2-3 pm	Closed	Closed	Open Gym	Closed	Closed	Closed	Closed
3-4 pm			Open Gym				
4-5 pm	Closed	Closed	Rookie Sports	Closed	Closed	Closed	Closed
5-6 pm			5:30-6:15				
6-7 pm	Closed	Closed	Open Volleyball 7:00-10:00 pm	Closed	Closed	Closed	Closed
7-8 pm			Open Volleyball 7:00-10:00 pm				
8-10 pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed

## Mt. Hood Court Schedule

5-7 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed	Closed
7-8 am						Adult Basketball 25 and up	
8-9 am	Heart Wellness 8:00 -8:30 am	Open Gym	Heart Wellness 8:00 -8:30 am	Open Gym	Heart Wellness 8:00 -8:30 am	Open Gym	Closed
9-10 am	Open Gym		Open Gym				
10-11 am	Closed	Closed	Closed	Closed	Closed	Closed	Closed
11 am-12 pm							
12-1 pm	Open Gym	Closed	Closed	Closed	Closed	Closed	Closed
1-2 pm	Open Gym						
2-3 pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
3-4 pm							
4-5 pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
5-6 pm							
6-7 pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
7-8 pm							
8-10 pm	Closed	Closed	Closed	Closed	Closed	Rev. 6/17/10	Closed
						Closed	